

What is claimed is:

1. A method of processing data comprising the steps of:
 - 5 (a) copying a digital video data block containing said data from a storage medium;
 - (b) extracting said data from said digital video data block; and
 - (c) formatting said data in a format other than the format of said digital video data block.
- 10 2. The method of claim 20 wherein said storage medium comprises a digital video tape.
- 15 3. The method of claim 23 further comprising the step of copying said formatted data to a payload portion of an isochronous data transfer packet.
4. The method of claim 20 wherein the step of copying said digital video data block from said storage medium comprises the steps of:
 - 20 (a) copying said digital video data block to a payload portion of an isochronous data transfer packet; and
 - (b) extracting said digital video data block from said isochronous data transfer packet.

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